

# Cooks trade aprons for battle gear to test



Photo by Spc. Jeremiah Soria

Pfc. Robert Mahon of Service Battery, 4th Battalion 27th Field Artillery Regiment participates in the mystery event which consisted of evaluating and treating multiple simulated casualties during the 2nd Brigade Combat Team's Cook of the Quarter competition at Camp Buehring

This quarter's NCO, Soldier, and Cook of the Quarter competition started a new tradition within the 2nd Brigade Combat Team stationed at Camp Buehring, Kuwait. For the first time in the Brigade's history, Food Service Specialists participated alongside the NCO and Soldier of the Quarter candidates. The cooks not only demonstrated knowledge of their specialty, but were also tested on the same common tasks as the Soldier and NCO of the Quarter participants.

The Cook of the Quarter Board has been a fixture in the 2nd BCT for quite a long time, but usually tests participants only on food service tasks. The brigade's deployment to Kuwait has brought new opportunities and perspective, taking the recognition of the best food service specialists in a new direction. "We wanted to do something different, expand from just [food service] specific skills and bring out the best in these Sol-

diers," said Sgt. 1st Class Michael Jones, Headquarters and Headquarters Company, 47th Forward Support Battalion. "We're not only running the dining facilities, we're maintaining our field equipment at a high state of readiness so we can deploy. We have to be able to deploy and feed all the Soldiers in the Brigade at very short notice," he said.

***"The competition definitely brought out the best in us. You couldn't just show up to this board, you had to perform."***

Food service specialists participated in a formal board, Army physical fitness test, common task testing, 4-mile foot march and stress shoot, and participated in a "mystery task," which had the Soldiers performing a triage, evaluating and treating multiple simulated casualties.

"The competition definitely brought out the best in us. You couldn't just show up to this board, you had to perform," said Spc. Joe Daniels of HHC, 1st Battalion, 35th Armored Regiment.

The winners of the Cook of the Quarter board were recog-

nized, along with the Soldier and NCO of the Quarter, at an awards dinner and social after the competition. Winners received the Army Commendation Medal, a commemorative plaque, 2nd BCT coin, a certificate of achievement, Army and Air Force Exchange gift certificates, and a pass to Qatar.

Spc. Joe Daniels of HHC, 1st Battalion, 35th Armored Regiment took home the title of Soldier Cook of the Quarter, and Sgt. Ross Hernandez, of HHC, 1st Battalion, 6th Infantry Regiment was named the NCO Cook of the Quarter. Both will get the opportunity to compete for Cook of the Year honors this summer and the winner will compete at the division level and possibly higher.

The experience was an opportunity for food service specialists from all over the 2nd BCT to come together to compete and learn. Spc. Kayla Ladroga of HHC, 40th Engineer Battalion, summarized the experience, "If you ever get the opportunity to compete on a board, you should do it. Even if you don't win, it's a great experience."

## High school students learn survivability on campus

By **Ignacio "Iggy" Rubalcava**

U.S. Army Garrison  
Baumholder Public Affairs  
Office

Baumholder's graduating seniors and several juniors are learning survivability on the college campus with the help of the 2nd Brigade Combat Team who sponsored a seminar June 21 titled College 101, Getting In, where students learned the ins and outs of college life.

"The seminar offered students guidance on how to make the transition from high school to college and some of the pitfalls to look out for," said Chris Hitchens, 2nd Brigade Combat Team Family Readiness Support Assistant.

The 26 students also received some advice on dealing with "the roommate from hell," social life on college campuses, the dangers of things like sexually transmitted diseases and

alcohol abuse and how to handle being away from home for the first time (the empty nest type syndrome.)

Other topics include everything from financial management to transportation.

Hitchens dreamed up the seminar and called on Sarah Dayton from Army Community Services marking and stateside consultants for assistance.

They talked to students about surviving in the classroom, testing, studying and note taking. There were even tips on how to get good grades without cheating.

For most students it will be their first experience away from home so tips on leaving the nest and what to bring along were also addressed. High on the list of items to take along were things like the right kind of cloths, dorm stuff and school supplies.

Leaving for college is often an exhilarating experience but students were reminded not to get caught up in the euphoria of the moment and forget where they came from. Maintaining contact with family and friends back home, although not always considered so, is critical to surviving the college environment.

The first few days on campus are critical and can make or break a student. To avoid falling into the cockroach syndrome of running away from the light of day and hiding in the dorm after class, students were told that they need to make that critical connection early on and find friends to talk to, walk to class with, study with or just have lunch with.

"We had a comfortable turnout," said Hitchens. "We asked the kids at the end of it if we should do it again in the fall and they said yeah, it's something

they would love to have again," said Hitchens. A second seminar in the fall would allow the students who left for the summer an opportunity to come back after their break and get the same kind of information.

Hitchens is now looking to expand on the information that was presented in the first seminar.

"This was called College 101, Surviving Your Freshman Year, and we're now looking at College 101, Getting In," said Hitchens. This course would offer information to juniors and the seniors about prepping for SATs, what courses they need to take, how to choose a college and the questions they should ask when they go for interviews. It would also address what essays to write, how to write good college essays and what are admission boards looking for when they accept the students.

"We're probably going to do one catering to the high school freshmen to get them on the right track from day one on what they need to do as far as their curriculum and to get their mind set on going to college," said Hitchens. A time has not been established for this seminar.

"I think overall it was a success. The kids really appreciated it and we had a lot of information, not only for the kids, but for the parents who attended as well. And I think they all really appreciated what we did for them.

"As an FRSA, a lot of times you're focusing on the family members, mostly the spouses and the smaller children. So that's why we came up with this, to give that age group between 16 and 18 an opportunity to get some support from the rear detachment, said Hitchens.



## New training aid will help save Soldier lives

By Ignacio "Iggy" Rubalcava

U.S. Army Garrison  
Baumholder Public Affairs  
Office

Training is the bridge to survivability on the battlefield and Baumholder's Local Training Area has built a bridge that may someday save a Soldier's life.

Soldiers are now training to protect themselves from overhead threats thanks to the combined efforts of Brett Ritzmann from Baumholder's LTA and Sgt. 1st. Class Gordon Von Hahn, 1st Battalion, 94th Field Artillery. Together they spearheaded a project to construct an overhead walkway near the Military Operations Urban Terrain village.

Soldiers are now using this training aid to sharpen their reactions and responses against overhead threats. "We hit the project head on, with 1-94 developing and receiving funding from Global War On Terrorism and the Local Training Area coordinating the design and construction. The result was a training platform that will give Soldiers another edge on the modern battlefield and the ability to train as they fight," said Ritzmann.

"Overhead obstacles pose a constant threat to our deployed military, therefore this particu-

lar project was developed from lessons learned while Soldiers were deployed, during Individual Readiness Training and from after action reviews," said Ritzmann.

"This training device exceeds everything we asked for," said Maj. Thomas Crowson, 1-94 FA. His unit has been tasked by 1st Armored Division to conduct Individual Readiness Training for all 1st AD and other units in the European theater.

"This fabulous training device helps to conduct realistic training and will definitely help to save lives in the future," said Von Hahn.

"The overhead walkway will provide Soldiers multiple training scenarios, while including devices from our Training Aids and Devices section," said Ritzmann. Scenarios can range from improvised explosive devices to small arms attacks from bridges.

Since improvised explosive devices can be situated almost anywhere, simulated animals will soon be added to the training environment. "Dead animals along the roadside are often used to plant EIDs. The animals are usually cut open and an EID will be placed in the stomach or elsewhere," said Ritzmann.

"The global war on terrorism is a battle we will win and the

working relationship between Training Support Activity Europe and the U.S. military is a combined effort toward this goal," said Ritzmann.

"This new overhead walkway will increase tactics, survivability and effectiveness of war fighter skills," he said.

The overhead walkway is situated on the Tank/Bradley Crew Proficiency course just

below the Military Operations Urban Terrain village. The enemy can attack from above or next to oncoming personnel and vehicles. "Due to the size of the overhead walkway, all military vehicles will have the opportunity to tactically respond to attacks and can provide cover for dismounted troops while they perform combat or recovery missions," said Ritzmann.

The facility may be used by all U.S. Army in Europe units by scheduling the Tank/Bradley Crew Proficiency/Convoy lane through the RFMSS web site. Further information can be obtained by calling the Local Training Area office at mil 485-7130. Additional training devices can be obtained by calling the Training Aids and Devices branch at mil 485-7322.



Photo by Bernd "Bernie" Mai

Jose Larroy, Training Support Division chief, left, Brett Ritzmann, Local Training Area employee and Maj. Thomas Crowson examine the completed overpass near the Military Operations Urban Terrain village.

## Soldier Show features Korean Soldier in troupe

By Kelsy Hustead  
USAG Baumholder Public  
Affairs Specialist

Unveiling "Reveille: Answering the Call, the 2006 U.S. Army Soldier Show performed June 15 at the U.S. Army Garrison Baumholder Hall of Champions.

"I love what I do. This is the most rewarding job that I have had in my 15-year career in the Army," said Sgt. First Class, Robert Isom, Soldier troupe NCOIC. "Visiting the injured soldiers from Iraq at Landstuhl this week was so important to me. It was both a rewarding and moving experience. Just having the opportunity to see them was great," said Isom.

Beginning rehearsals in

March of this year, the troupe's performance featured strong voices and performers singing rhythm and blues, gospel and country music along with new renditions of tunes originally released in the 1960s, coupled with ballroom dancing in a military storyline.

"We work a lot behind the scenes and don't get to see what the audience always sees, so we really enjoy the feedback that we get from the audience. We also see what an impact we make on the audience. "It is a really good feeling," said 1st Sgt. Tarron Pierce. In her third year with the Army Soldier Show, Pierce described her career by saying, "Just being a Soldier and being a Soldier at heart is

the best part of my job."

The crowd lined up to meet the 22-Soldier troupe after the show in an autograph session outside the Hall of Champions. "I like doing this because of these kids. These kids make you feel like a celebrity and knowing the audience enjoyed what you hoped they would is really important," said Osbourne." For the last few years, Sgt. Alisha Osbourne, troupe member and a personnel service sergeant with Headquarters, Headquarters Company 98th DIV (IT), USAR New York was encouraged by her reserve unit to try out for the Army Soldier Show.

"The song, "Win," tells my story. I am able to do what I want to do in life and give hope

to some people," said Pfc. Jong-Baek Yoon about his solo performance. Yoon, from the Republic of Korea, is the first Korean Augmentation to the United States Army Soldier to perform with the U.S. Army Soldier Show. "It is hard to say in few sentences how I feel but I wanted to sing and perform for the United States Eighth Army," said Yoon.

The troupe is on a six-month tour of about 100 performances on military installations across the United States, Italy and Germany.

For the sixth consecutive year, the Army National Guard has been the primary sponsor and partner of the U.S. Army Soldier Show.



Photo by Kelsy Hustead  
Spc. Richard Sianoya and Spc. Lucky Tagalao, members of the 2006 Army Soldier Show, perform "We Got Paid" for a full house in Baumholder June 15 at the Hall of Champions.





Photo by Kelsy Husted

Maj. Brian T. Myers, 8th Finance Battalion, left, and Chaplain (Col.) James Brown take a close look at one of the chapel's new bells.

## Silence is broken

# Chapel gets new bells

After 50 years of silence Baumholder's Chapel of the Good Samaritan finally has something to call the military congregations to prayer. The chapel never had bells but a one-year renovation project added two bells to the chapel. The bells were poured in the Eifel region at one of the few remaining bell foundries in Germany. Both bells are emblazed with the Chaplain's Corps crest.

For more than 50 years the chapel has been the focus of numerous religious and cultural activities. It's annex has even served to house the media center during a presidential visit. Former first lady Hillary Rodham Clinton, her daughter Chelsea and singer Cheryl Crow have attended church services at the chapel.

During this half century, numerous children were baptized and many marriages were conducted at the chapel.

Commenting at the rededication ceremony, Chaplain (Col.) James E. May noted that 23 years ago, Gene Winfree and Claudia Bohnenberger were married at the chapel. Winfree has long since retired from the military and is now serving as the U.S. Army Garrison Baumholder civilian misconduct action officer. Winfree was present at the rededication on Corpus Christi Day. Winfree's wife is a native of the nearby town of Freisen.

"Construction began in April 2005," said Tina Lauer. She and Manfred Bombleiter, were responsible for the renovation project.

## Blood drive

A community blood drive is scheduled July 7 from 9 a.m. to 1 a.m. at the Hall of Champions. Persons eligible to donate include active duty members, family members and civilians.

## Personal claims

Anyone having claims against the estates of Spc. Robert E. Blair or Pfc. Brett L. Tribble who died June 2 may contact 1st Lt. Ruben Toledo at mil 485-6500.

Anyone having claims against the estate of Pvt. David M. Crombie may contact Warrant Officer 1 Dorian Bozza at mil 485-7593.

Persons who may have claims against the estate of 1st Lt. Scott Love may

contact Capt. George Brooks III at mil 485-9784.

## Vet clinic open evenings

The veterinary clinic will be holding evening clinics on a walk in basis July 11, 18 and 25 from 5 – 7:30 p.m. for vaccinations and health certificates only.

The veterinary clinic is located behind the health clinic in Building 8758.

## Officer candidate board

The next Officer Candidate School board is July 25 at 8 a.m. in the U.S. Army

# ACS

Army Community Service is open Mondays, Wednesdays, Fridays 8 a.m. to 5 p.m. and Thursdays 11 a.m. to 5 p.m. They can be reached at civ (06783) 6-8188 or mil 485-8188.

Army Community Services offers the following classes in July:

**July 7, 25,** Resumix and Employment orientation, 11 a.m. to 1 p.m.

**July 10, 11, 12,** R.O.C.K. (Relocate, Orientate, Communicate, and Know), 8:30 a.m. to 3 p.m.

**July 11,** Résumé and Cover Letter workshop, 11 a.m. to 1 p.m.

**July 13,** Sponsorship Training, 2-3:30 p.m.

**July 13,** Interviewing Techniques, 11 a.m. to 1 p.m.

**July 18,** Dress for Success, 11 a.m. to 1 p.m.

**July 18,** Exceptional Family Member Program, Asthma Care Class, 5:30 p.m.

**July 19, 25,** Successful Money Management, 2-4 p.m.

**July 21,** Anyone Without Little Ones, noon - 1 p.m.

**July 24,** Smooth Moves for PCSing, 2-3 p.m.

**July 26,** Community Information, Rheinlander Convention Center, 10 a.m.

## Family oriented

Family Advocacy and New Parent Support offers the following classes:

Mondays and Fridays, Infant Play group (0-12 months), Iron Kids Playground, 9-10 a.m.

Mondays and Fridays, Parent and Tot Playgroup (birth to preschool), Iron Kids Playground, 10-11:30 a.m.

Thursdays, *Grupo de Juego para madres/padres y niños*, Iron Kids Playground, 11 a.m. to 12:30 p.m.

Fridays, Anger Free Living, 9-11 a.m.

## Nurturing programs

Learn positive parenting techniques and alternatives to physical discipline.

Children and parents attend at the same time in separate classes. There are four separate nurturing classes offered: prenatal, toddler to school (0-five years), school age (six - 12 years), and teenage (13-18 years). Call the Family Advocacy Program at mil 485-8188 for information and to register for the next available classes.

## Potty training classes

Potty training classes are held once a month. For more details call Silvia Emond at mil 485-6931/8188.

## Expectant parents

Expectant Parent classes are: labor and delivery, breast-feeding, and newborn care.

Classes are offered as home visits. Call Glorian Chedhade at mil 485-6931/8188 to schedule a home visit.

## Anyone Without Little Ones

Join this new, adventurous support group to share ideas for programs, trips and gatherings for the members in the community who don't have young children.

## Let's R.O.C.K.

Make new friends and learn about German customs and culture by participating in the Army Community Services Relocate, Orientate, Communicate and Know, or R.O.C.K. program. Learn about shopping on the economy, mass transit, the history of Baumholder and paying German bills. For more information call mil 485-8188 or civ (06783) 6-8188.

## Relocation sponsorship

Help newcomers feel welcome and informed by becoming a sponsor. The Army Community Services sponsorship program outlines the responsibilities of a sponsor and provides the information and tools to assist newcomers. For more information call ACS at mil 485-8188 or civ (06783) 6-8188.

## Youth sports needs help

Baumholder's Child and Youth Services is looking for volunteers interested in conducting and assisting with summer youth sports clinics to include: basketball, soccer, football and cheerleading.

Interested persons may contact mil 485-7276 or stop by the Youth Sports Office located in the second floor of Building 8743.

## Customs hours

The Baumholder Customs Office is open Mondays through Fridays from 8 a.m. to noon and 12:30 to 4:30 p.m. The office is located in Building 8724 and is closed on all U.S. federal holidays and German holidays.

# News briefs

Garrison Directorate of Human Resources conference room, Building 8681.

The board is open to any qualified enlisted or warrant officer Soldier interested in becoming a commissioned officer.

For more information contact Spc. Troy Townsend or Chris Macri at the DHR, Building 8681 or call mil 485-6788 or 7255.

All packets of interested applicants must be completed and submitted to the U.S. Army Garrison Baumholder DHR by July 19.



## Rolling Hills Athletic Club and Pool

The Rolling Hills Athletic Club is located in upper Wetzel and includes an indoor pool and fitness center. It is open from noon to 8 p.m. Mondays through Fridays and noon to 5 p.m. on Saturdays, Sundays and holidays. There are daily, monthly, and quarterly membership rates available for individuals or families. Call the RHAC for more information on pricing, at civ (06783) 6-6156 or mil 485-6156.

Family swim night is offered every Friday from 5 - 8 p.m. at \$1 per person.

## Martial arts

The Art of Stick Fighting will be offered for adults 18 years and older at the Rolling Hills Athletic Club beginning Aug. 1. The 12 week course will be held every Tuesday and Thursday at the RHAC from 6:30-8 p.m. and the final class is Oct. 19. The cost is \$160 for all sessions. Registration runs through July 27. Call the RHAC at civ (06783) 6-6156 or mil 485-6156 to register.

## Self defense

A Women's self defense course for persons 18 years and older begins Aug. 7. The 12-week course focuses on building confidence and self esteem. Class begins Aug. 7 and will be held every Monday and Wednesday at the RHAC from 6:45-7:45 p.m. The final class will be Oct. 25. The cost is \$130 for all sessions. Registration runs through Aug. 3, call the RHAC at civ (06783) 6-6156 or mil 485-6156 to register.

## Personal training

Personal training classes are now offered at the RHAC on Tuesdays and Thursdays by appointment. One hour for club member costs \$20. Non-club members pay \$35 for a one hour session. A personal training package is available for \$95 and includes one-month individual membership to Rolling Hills Athletic Club and four personal training sessions. For information call mil 485-6156 or civ (06783) 6-6156.

## Fitness classes

The following fitness classes are offered at the RHAC:

- Mondays, Wednesdays, Spinning, 5:30 p.m. Tickets for

# Happenings



Photos by Kelsy Hustead

## Soccer fever

Baumholder's younger crowd were not immune to soccer fever, which is still raging in Germany. In inset above, members of the New York Fire Department Soccer Team talk to Baumholder students about the basics of the game. The firefighters conducted various soccer clinics for youth and wrapped up their voluntary visit to Baumholder with a scrimmage game with several community members.

Spinning classes cost \$4 each or 10 for \$30. Tickets may be purchased at Rolling Hills Athletic Club or Mountaineer Gym.

- For July, Yoga, Tuesdays and Thursday, 11:45 a.m. Yoga classes are free for a limited time.

## Wellness massage

Relax with a certified masseuse at the RHAC for \$40 for 60 minutes. Call mil 485-6156 or civ (06783) 6-6156 for appointments. Ask about the new mommy-to-be massage.

## Mountaineer

The Mountaineer Fitness Center is open Mondays through Fridays, 6 a.m. to 9 p.m.; Holidays, Saturdays, Sundays 9 a.m. to 5 p.m. and may be reached at civ (06783) 6-7418 or mil 485-7418

The following programs are offered at the Mountaineer Fitness center, Building 8220:

## Aerobics

- Mondays, Wednesdays Step, 9 a.m.

- Fridays, circuit, 9 a.m.

Tickets for aerobics classes

cost \$4 each or 10 for \$30. Tickets may be purchased at Rolling Hills Athletic Club or Mountaineer Gym.

## Softball schedule

The following softball games are scheduled for July and August:

**July 8**, Iron Soldier field II, Baumholder vs. Ramstein, 11 a.m.

**July 22**, Baumholder vs. Schinnen (host)

**July 29**, IS field II, Baumholder vs. Mannheim, 11 a.m.

**Aug 12**, Baumholder vs. Shape (host)

## Hall of Champions

The Hall of Champions is open Mondays through Fridays, 6 a.m. to 9 p.m.; Saturdays, Sundays, 9 a.m. to 8 p.m. For more information call civ (06783) 6-7176/366-615 or mil 485-7176.

## Arts and Crafts

Keepsake Arts and Crafts is located in Building, 8895 in Wetzel housing inside Rolling Hills Athletic Club building. The

center is open Tuesdays through Fridays, noon to 8 p.m.; Saturdays, noon to 5 p.m.; Sundays, Mondays, closed. For more information call civ (06783) 6-6687 or mil 485-6687.

The center offers the following programs:

## Framing, engraving

Check out the new framing items available and larger inventory for all your unit's needs.

## Instructional classes

Stained glass, quilting, sewing, knitting, bead making, cake decorating, scrapbook, watercolor may be available. Instructors are also needed. Please call mil 485-6687 for details.

## Photo Studio

The studio is open Mondays through Fridays, 10 a.m. to 6 p.m.

Photos sessions are available by appointment. A \$10 sitting fee will be charged.

Photo packages are available including Baby's First Year package.

For an appointment call mil 485-6687 or contact Tiffany

Goodrow at civ (06783) 185-6041. Photos are taken by appointment with a \$10 sitting fee.

## Outdoor Recreation

Outdoor recreation is located in Building 8167 and may be reached at civ (06783) 6-7182 or mil 485-7182.

The Pro Shop is open Mondays through Sundays and holidays, 11 a.m. to 8 p.m.

The Paintball Field is open Saturdays, 10 a.m. to 5 p.m.

Rental guns are \$15 per set. \$9 for field fee using your marker.

## Recreation trips

Outdoor Recreation offers the following trips and activities in July:

**July 8**, mystery trip

**July 9**, fishing trip

**July 15**, Phantasialand

**July 15**, Paris Express

**July 16**, Six Flags, Holland

**July 21-23**, Austria Express,

Sound of Music

**July 22**, fishing trip

**July 29**, wine fest, Traben Trarbach-Mosel Valley

**July 30**, kayak and canoe, Sauer River

## Party on

Are you looking for a place to host a party or other unit function? Baumholder Outdoor Recreation has the solution. Ask about their party room rental with prices starting at \$25.

## Trap, skeet range

The trap and skeet range is open Saturdays and Sundays from 10 a.m. to 5 p.m. Rental guns are available and range prices start at \$4.50 for 25 birds. night with free popcorn, sixth

## Joe Satellite

## Trinity Baptist